

COMMUNITY FIRST, PROTECTING OUR COMMUNITY FROM KRATOM.

West Spokane Wellness Partnership Town Hall Event

Presented by:

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WEST SPOKANE WELLNESS PARTNERSHIP

- Introduction & Mission
- History & Funding
- Programming
- Purpose & Objective of Town Hall Event



WHAT IS KRATOM

- Kratom (*Mitragyna speciosa*): Tropical tree from Southeast Asia; leaves consumed as powder, tea, capsules, or extracts.
- Alkaloids: Primary active compounds are mitragynine and 7-hydroxymitragynine.
- 7-Hydroxymitragynine: Potent opioid-like effects, binds to mu-opioid receptors, similar to morphine.
- U.S. Status: Federally unregulated, widely available in many states.



Smoke Shops and Head Shops

- Not a Licensed Cannabis Dispensary.
- Usually have windows covered with advertising of many products



Typical products



KRATOM

ADVERTISEMENT:

Find your calm with ON7 Relax Tablets by Occurs Naturally. These tablets are formulated with Mitragynine pseudoindoxyl which is a rearrangement product of 7-Hydroxymitragynine, an active metabolite. Its also know for its relaxing effects. Perfect for unwinding after a long day, reducing stress, and promoting a sense of tranquility.

Stress Relief: Helps alleviate stress and anxiety naturally. **Promotes Relaxation:** Supports a calm and peaceful state of mind. **Convenient & Portable:** Easy-to-take tablets for relaxation anytime, anywhere.



*Kratom can have Toxicity following Co-ingestion of Antipsychotic medications.

KRATOM and KAVA



Washington State has no regulations on possession or use.

Mitragynine and 7-hydroxymitragynine engage multiple receptor system beyond just opioid receptors and therefore administration of Naloxone may not fully reverse all of the effects.

7-hydroxymitragynine – Is more like pure Morphine

Kava – Acts more like a Benzodiazepine

KRATOM & THC

- Ingredients
- **Cannabinoid Breakdown per bottle:**
 - 430 mg Delta 9 THC
 - 300 mg Delta 8 THC
 - 500 mg HHC
 - 20 mg Amplified THC
 - 50 mg CBD Live Rosin
- Water
- Sugar
- MCT Oil
- Hemp-Derived Distillate
- Natural Flavoring
- 100mg **Mitragyna Speciosa** Extract per bottle
- Sunflower Lecithin
- Natural Coloring
- Lemon Juice
- Sodium Benzoate
- Citric Acid



what we as a society do collectively to assure the conditions in which people can be healthy (IOM. 1988)

Data

prevalence of past year use - 0.6% 12+ - 1.7m (0.3% of adolescents, ~68k)

demographics - non-Hispanic males ages 18-49, high school or less

Polysubstance

cannabis/alcohol/tobacco [63.3%]

cannabis/alcohol/tobacco + psychedelics [19.3%]

cannabis/alcohol/tobacco + psychedelics/heroin/prescriptions [17.4%]

self-management of mood disorders, OUD

Market Research Data

Estimated 5.5 million Americans use kratom, creating substantial addressable market

59% of kratom users consume daily, creating subscription opportunity

Average kratom user age is 40 years old with college education

68.4% of kratom users are employed with median household income of \$50,000-59,000

Digital commerce channels demonstrate 8.7% CAGR outpacing brick-and-mortar distribution and signaling continued shift toward online purchasing

Online sales dominance accelerating - 53.8% of extract sales now occur through online channels, with digital growing at 8.7% CAGR

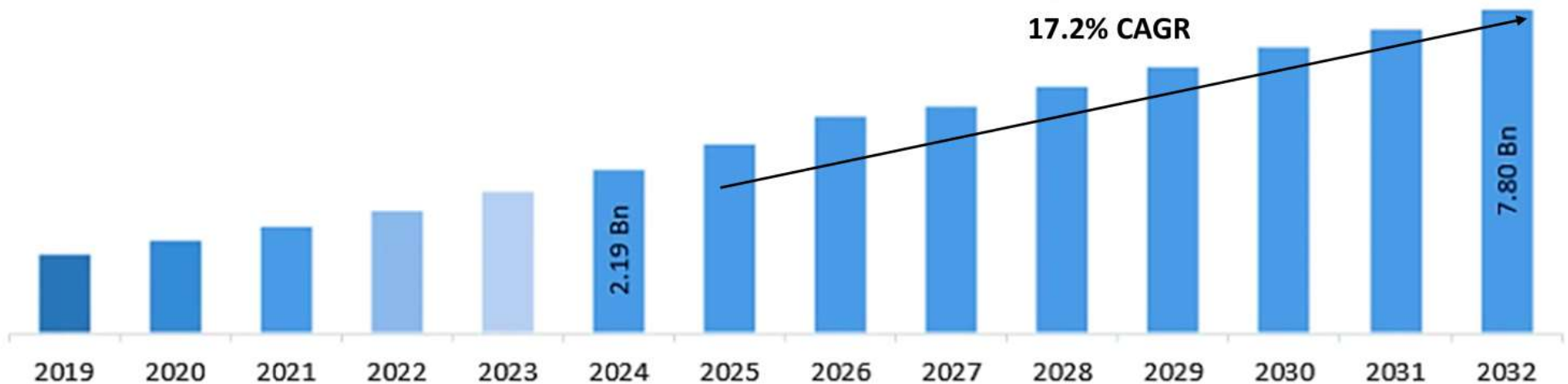
<https://www.swell.is/content/kratom-ecommerce-statistics>

Marketing

improvements in daily living and productivity, including reduced pain, improved mood, increased energy, and alertness. Euphoria or feeling “high” is less frequently reported

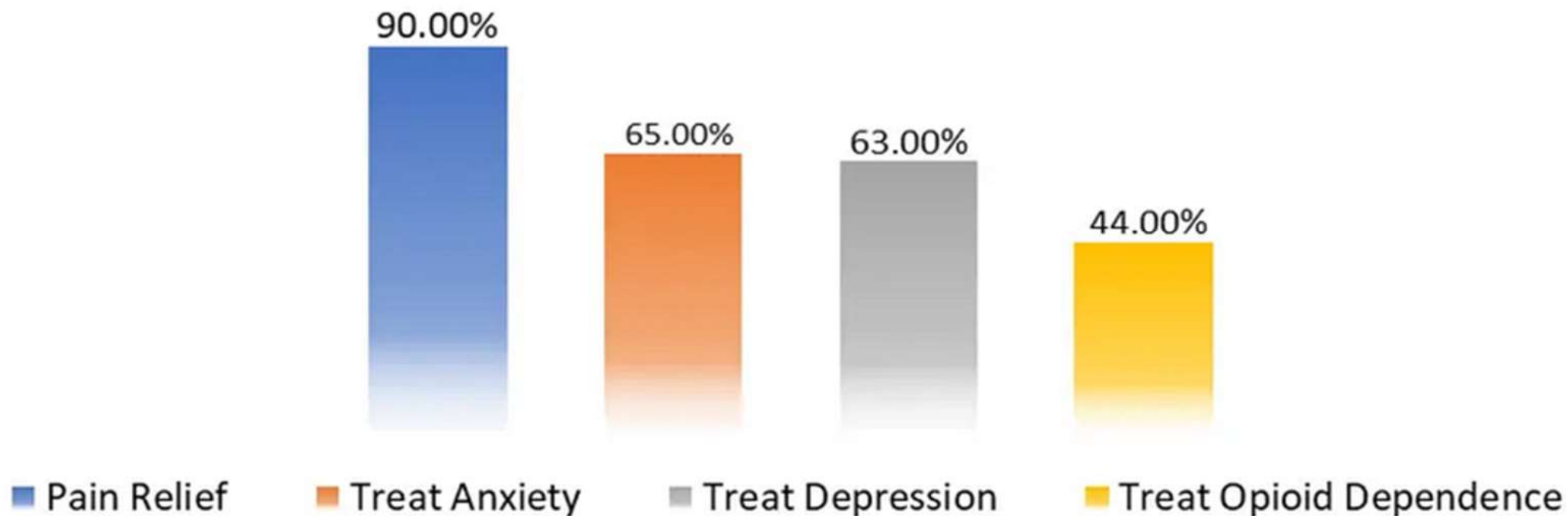
using kratom with other substances can enhance the effects of those substances, which may increase negative effects

Global Kratom Market in USD billion (2019-2032)

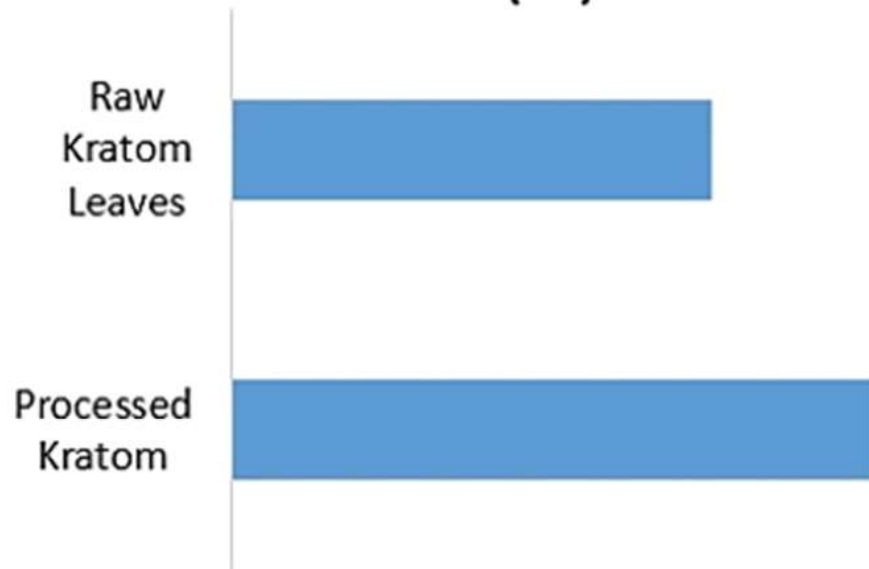


North America - 600% increase over the past five years
82.1% of extract sales
online segment - 53.8% of kratom extract market share

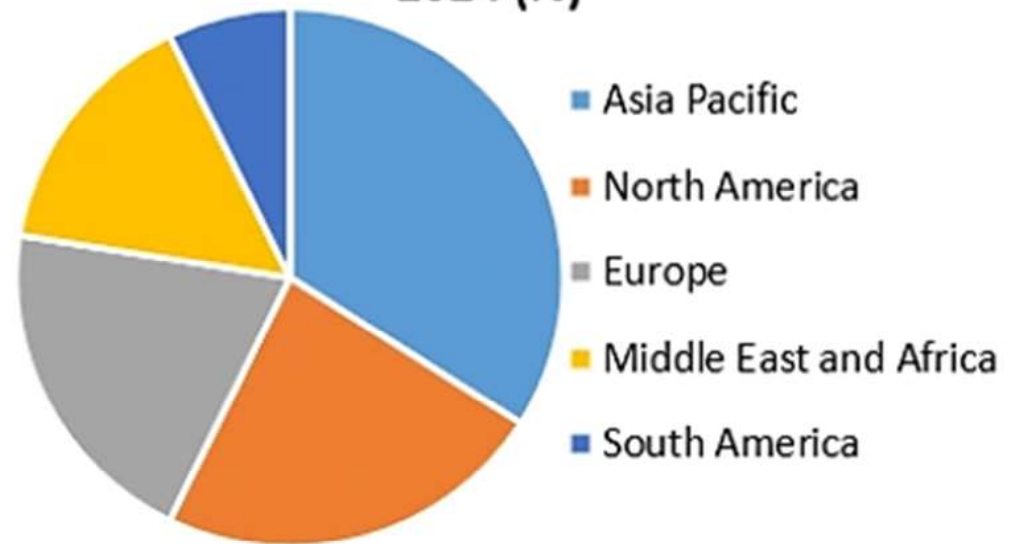
Percentage of US Adults using Kratom – Reasons (2021)



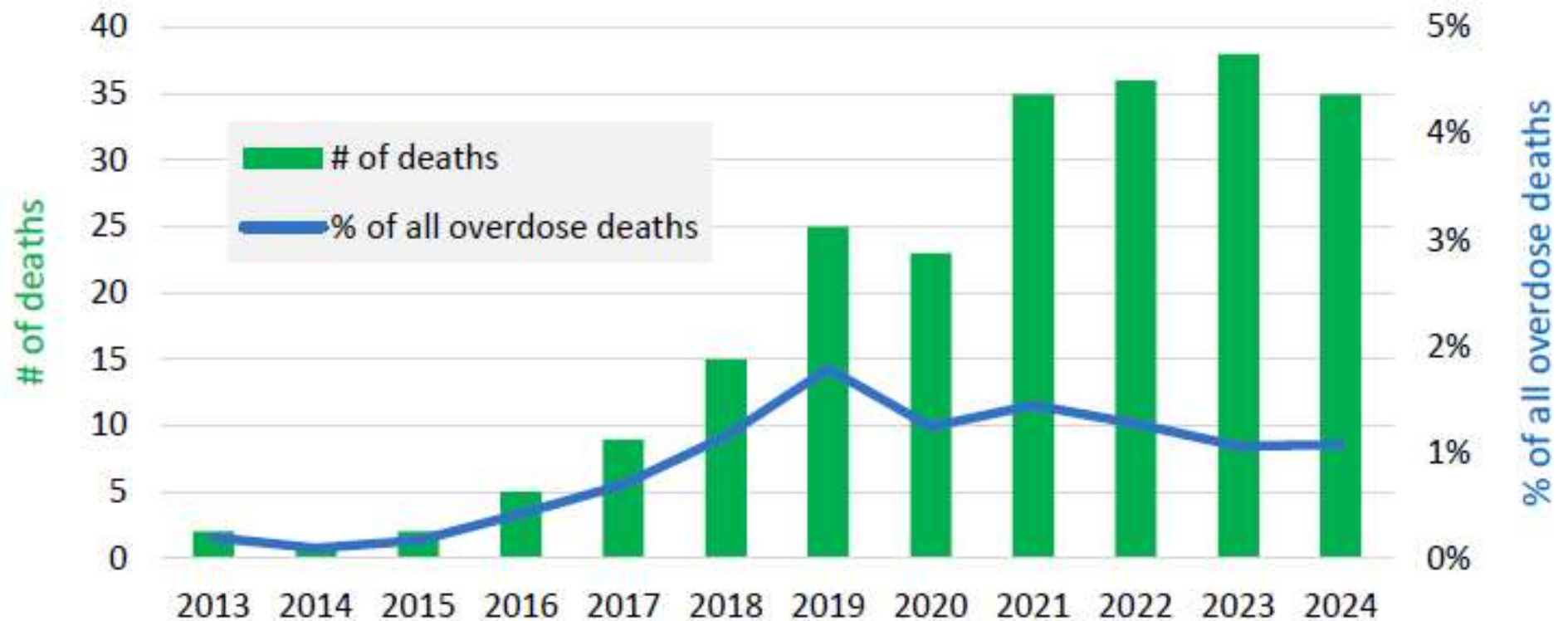
Global Kratom Market, by Form in 2024 (Bn)



Global Kratom Market, by Region In 2024 (%)



WA State Kratom-Involved Overdose Deaths



Data source: WA State Department of Health

Data analysis: Addictions, Drug & Alcohol Institute, University of Washington

Pharmacology

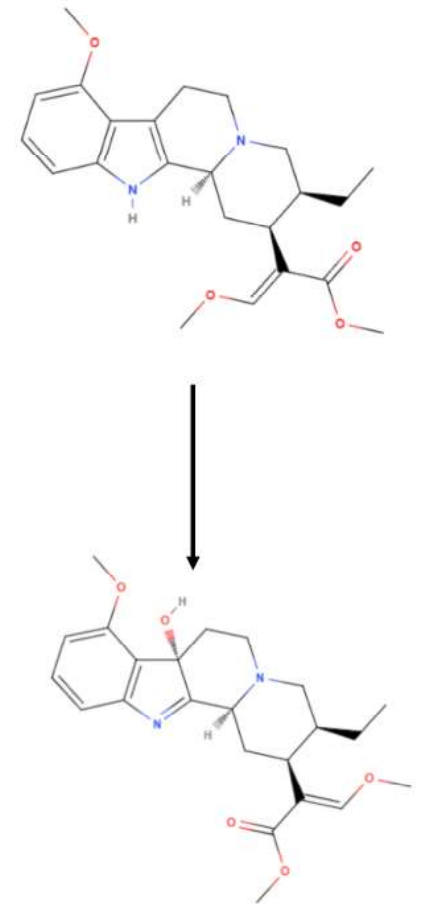
50+ alkaloids (mitragynine – 66%; 7-OH – 2%)

“atypical opioid”

partial agonist @ μ -opioid receptor

competitive antagonist at δ - and κ -opioid receptors

α -2 adrenergic, 5-HT_{2c}, D2 receptors



Pharmacology

psychoactive effects reflect complex interplay
of alkaloids with differential receptor binding

1-5 g – modest stimulant effects

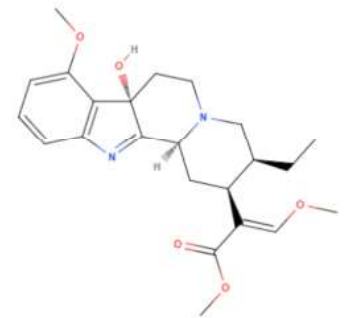
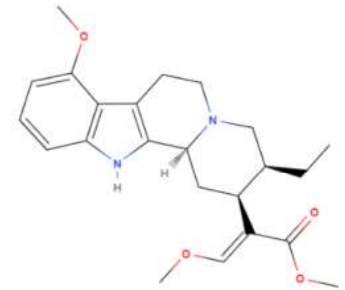
5-15 g – opioid-like effects

>15 g – anxiety, irritability, aggression

mitragynine – 0.25 x morphine

7-OH mitragynine – 13-22 x morphine

synthetic 7-OH mitragynine – 30-40 x morphine



Effects

Low Doses (1–5 grams) - stimulant effects

- increased energy and physical alertness
- enhanced sociability & talkativeness
- improved focus & mood enhancement

Moderate to High Doses (5–15 grams) - opioid-like or sedative effects

- pain relief (analgesia) & muscle relaxation
- drowsiness or "dreamlike" state
- feelings of euphoria or intense pleasure
- reduction in anxiety & calmness

Side Effects

agitation, irritability, nausea, vomiting, confusion, drowsiness,
hypertension, muscle pain

respiratory depression, seizures, liver toxicity, tachycardia/arrhythmias

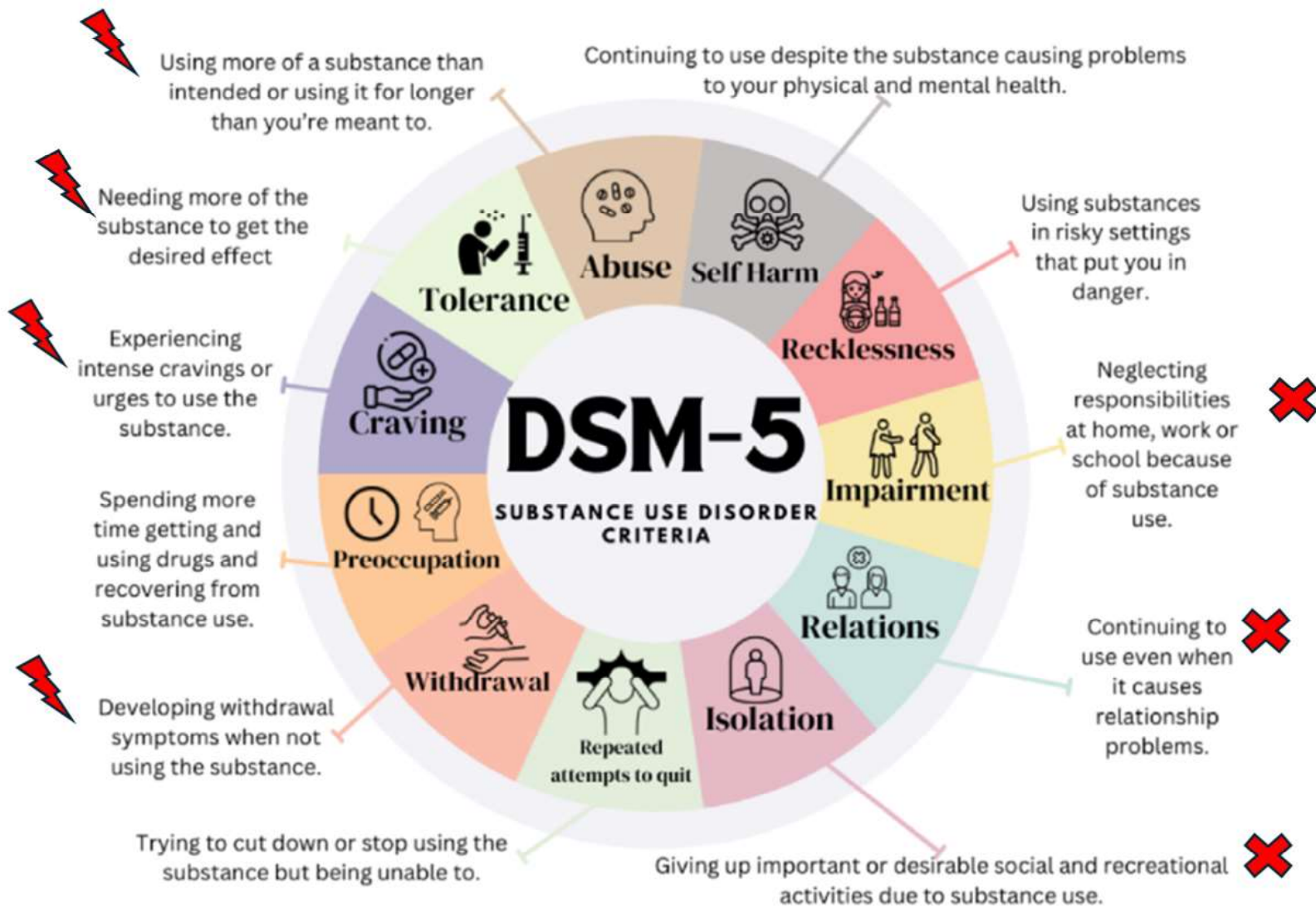
hallucinations, delusions, depression, dizziness, insomnia, sweating,
tremor, reduced appetite & anorexia, constipation,

tolerance, dependence, cravings & withdrawal +/-social/functional
impairment (requirement for UD dx)

Opioid Use Disorder/Kratom Use Disorder

~~opioid~~ **use disorder (OUD)** – a problematic pattern of ~~opioid~~ ^{kratom} use that causes significant impairment or distress – diagnosis is based on specific criteria such as unsuccessful efforts to cut down or control use, or use resulting in social problems and a failure to fulfill obligations at work, school, or home, among other criteria
opioid use disorder is preferred over other terms with similar definitions, “**opioid abuse or dependence**” or “**opioid addiction**”

<https://www.cdc.gov/opioids/basics/terms.html>



<https://pubmed.ncbi.nlm.nih.gov/39134892/>

Reasons for Kratom Abuse

BIOLOGICAL FACTORS:

Genetic predispositions and family history of substance abuse heighten vulnerability to kratom addiction due to its opioid-like effects.

NEUROLOGICAL FACTORS:

Kratom's alkaloids activate opioid receptors, altering brain chemistry, reinforcing reward pathways, and promoting dependence.

PSYCHOLOGICAL FACTORS:

Stress, unresolved trauma, and inadequate coping mechanisms drive individuals to use kratom for emotional relief, increasing addiction risk.

SOCIAL AND ENVIRONMENTAL FACTORS:

Peer pressure, easy access, and social normalization of kratom use foster dependency, especially in regions where it is a traditional remedy.

CO-OCCURRING MENTAL HEALTH DISORDERS:

Conditions like anxiety, depression, and PTSD lead to self-medication with kratom, creating a cycle of reliance and addiction.



Kratom Withdrawal Symptoms



- Fatigue
- Cravings for the drug
- Muscle aches and joint pain
- Insomnia or trouble sleeping
- Restlessness
- Anxiety or depression
- Runny nose
- Watery eyes
- Hot flashes
- Nausea
- Constipation or diarrhea
- Hallucinations
- Seizures
- Respiratory arrest
- Coma

Harm Reduction

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use...incorporates a spectrum of strategies that includes safer use, managed use, abstinence, meeting people who use drugs “where they’re at,” and addressing conditions of use along with the use itself.

<https://harmreduction.org/about-us/principles-of-harm-reduction/>

Harm reduction is a practical and transformative approach that incorporates community-driven public health strategies — including prevention, risk reduction, and health promotion — to empower people who use drugs (and their families) with the choice to live healthy, self-directed, and purpose-filled lives.

<https://www.samhsa.gov/find-help/harm-reduction>

Harm Reduction?

historical use in Southeast Asia

- alleviate withdrawal symptoms

- reduce opioid, stimulant, or alcohol cravings

↓ risk of respiratory depression as compared to opioids

pharmacological plausibility

anecdotal information

animal research ≠ clinical trials

Public Health Concerns

unregulated – neither FDA drug nor dietary supplement → product safety, contamination

marketing - concentrated 7-OH products “natural” kratom supplements, enhanced wellness products

FDA July 2025 - alerted health care professionals and consumers of 7-OH risks; recommended scheduling action to control 7-OH products under the Controlled Substances Act (CSA)

key FDA warning points

- dangerous interactions with other medications

- risk of life-threatening breathing problems

- potential for severe withdrawal symptoms

- contamination concerns in unregulated products

DEA listing - drug & chemical of concern



Kratom Use in Youth

exposure to substance abuse at a young age can lead to poor cognitive and behavioral outcomes that may be long-lasting

adolescent exposure to kratom can result in lasting cognitive and behavioral deficits, along with alterations in brain metabolite profiles that persist into adulthood


underscores the heightened vulnerability of the adolescent brain to the effects of early kratom use

we all do better when we all do better

Paul Wellstone

GUEST PANELISTS

- Josie Bornstein, Pacific Sky Recovery - Director of Business Development
- Tyler Vermillion, Ideal Options - Community Outreach Coordinator

BONNEVILLE COUNTY  **CORONER'S OFFICE**
OFFICIAL PRESS RELEASE






Bonneville County Coroner Issues Urgent Public Warning: Dangers of Kratom Use Confirmed in Local Fatalities

IDAHO FALLS, ID – October 8, 2025 – The Bonneville County Coroner's Office is issuing a public health alert regarding the dangerous and potentially fatal consequences of using **Kratom** (also known as Thang, Krypton, Kakuam, Ketum, and Maeng Da leaf, among others). This warning comes in response to a concerning increase in deaths associated with

A Tampa Bay Times investigation found that more than 580 people in Florida have died from kratom-related overdoses during the past decade — even as the industry has touted the safety of its products. Most of the deaths were caused by a fatal mixture of kratom and at least one other substance, but 46 people overdosed solely on the herb.

The Times' review of kratom's toll is the first of its kind by a news organization in Florida. Reporters analyzed thousands of pages of autopsy and toxicology reports, police documents and company records. They interviewed over 150 scientists, doctors, policy experts, regulators, industry players, consumers and relatives of overdose victims. Reporters also had 20 kratom products tested by researchers.

media@ph.lacounty.gov | Los Angeles, CA 90012 | (213) 288-8144

For Immediate Release:
September 12, 2025

Multiple Fatal Overdoses Tied to Synthetic Kratom Compound in Los Angeles County

The Los Angeles County Department of Public Health is making residents and health care providers aware of the risks of the synthetic kratom compound known as 7-Hydroxymitragynine (7-OH) after the County of Los Angeles Medical Examiner recently identified three fatal overdoses in LA County residents between the ages of 18 to 40 years old. Alcohol was present in all cases. The decedents were otherwise healthy, with no other substances identified as substantively contributing to their deaths.

Kratom and 7-OH products are unregulated and marketed as remedies for pain, anxiety, and depression. They are made from the leaves of a tree (*Mitragyna speciosa*) native to Southeast Asia that are crushed and then smoked, brewed with tea, or placed into gel capsules.

7-OH, the psychoactive component of kratom leaves, is being synthetically concentrated into various products that are sold in gas

EVIDENCE OF HARM

- Poison Center Data
 - Limited use before mid-2010s; few poison center cases (2011–2014).
 - Exposures rose from 330 (2015) to 1,400/year (2018–Mar 2025).
 - Sharp increase in Apr–Aug 2025 to 1,800 exposures.
- *Salmonella* (multi-state 2018) - 199 illnesses, 54 hospitalizations, 0 deaths
- Heavy metal exposure and poisoning
- Wrongful deaths and liability lawsuits to cities and states
 - A wrongful death lawsuit in WA: A Cowlitz County jury awarded \$2.5 million to the family of a man who died after using a kratom product. Cause of death was “toxic effects of mitragynine (kratom).”

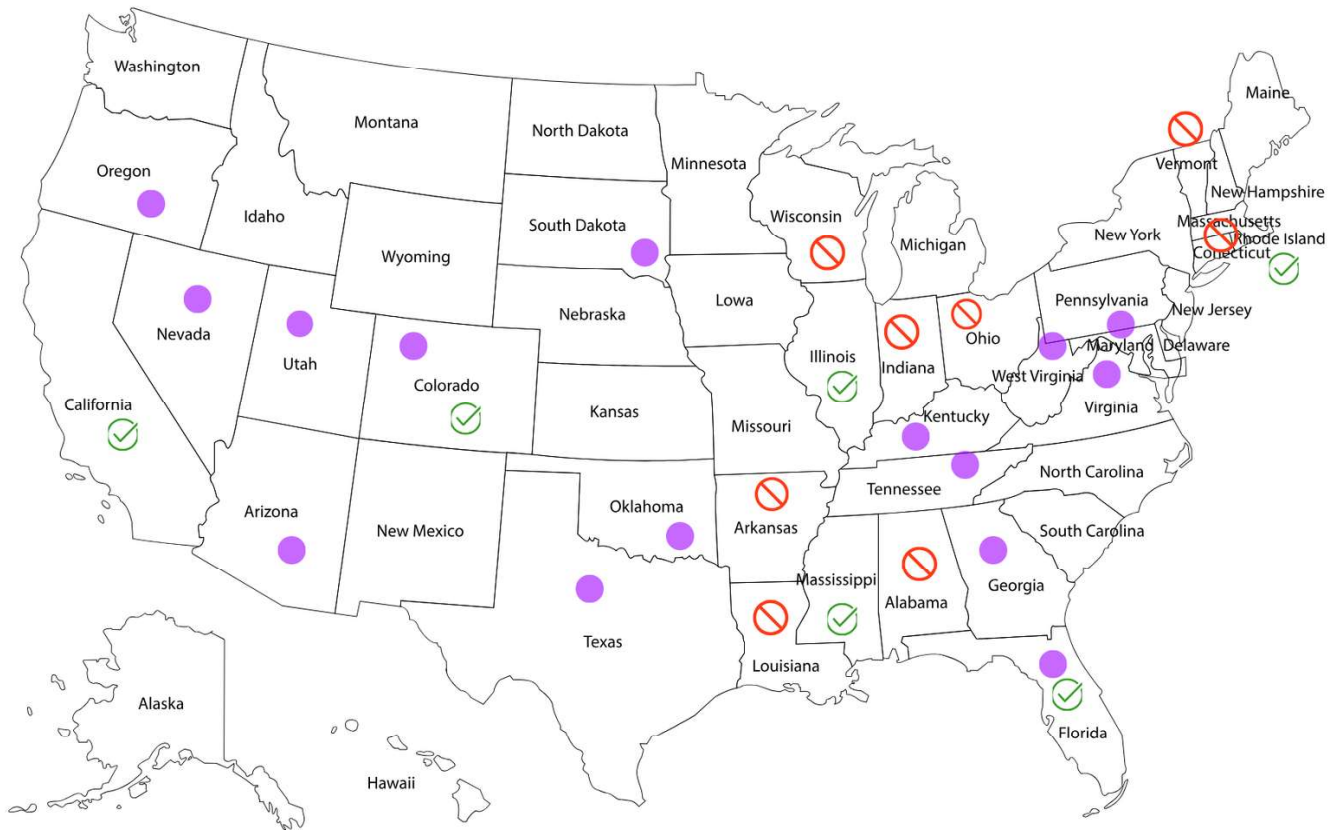
Reference - <https://www.wapc.org/data/data-blogs/kratom-and-7-hydroxymitragynine-poisoning/>

Reference - <https://www.seattletimes.com/seattle-news/wa-family-awarded-millions-over-death-blamed-on-supplement-kratom/>

WHY IS KRATOM A PUBLIC HEALTH ISSUE

- Psychological Effects: Anxiety, depression, agitation, psychosis
- Screening Challenges
 - Often undetected by providers
 - Youth may not disclose use
- Vulnerable Youth: Pre-existing conditions (depression, trauma, ADHD) may worsen
- Severe Reactions: Withdrawal or high doses: hallucinations, panic, mood instability, respiratory depression
- Use Disorder Risk: Self-medicating for pain or mental health
- Other Concerns
 - Easily accessible - vape/smoke shops, stores, etc.
 - Undermines local substance prevention efforts
 - Naloxone **may** be ineffective due to multi-receptor binding
 - Findings are still being studied and varied

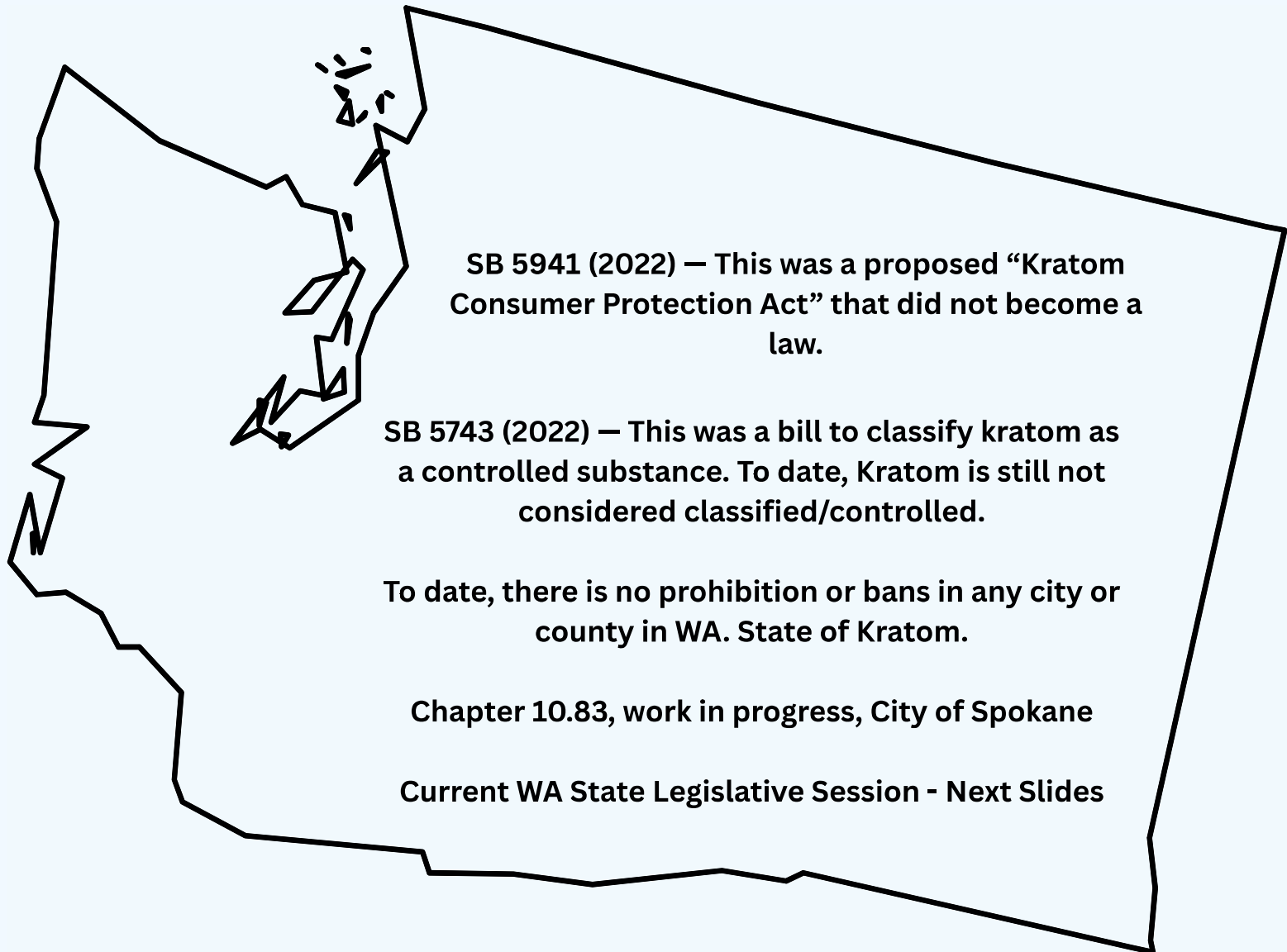




Red - banned completely

Purple - KCPA State w/regulations (7-OH &/or age restrictions 18+/21+)

Green - Cities/Counties: Full ban or age-restricted to 21/18 and younger



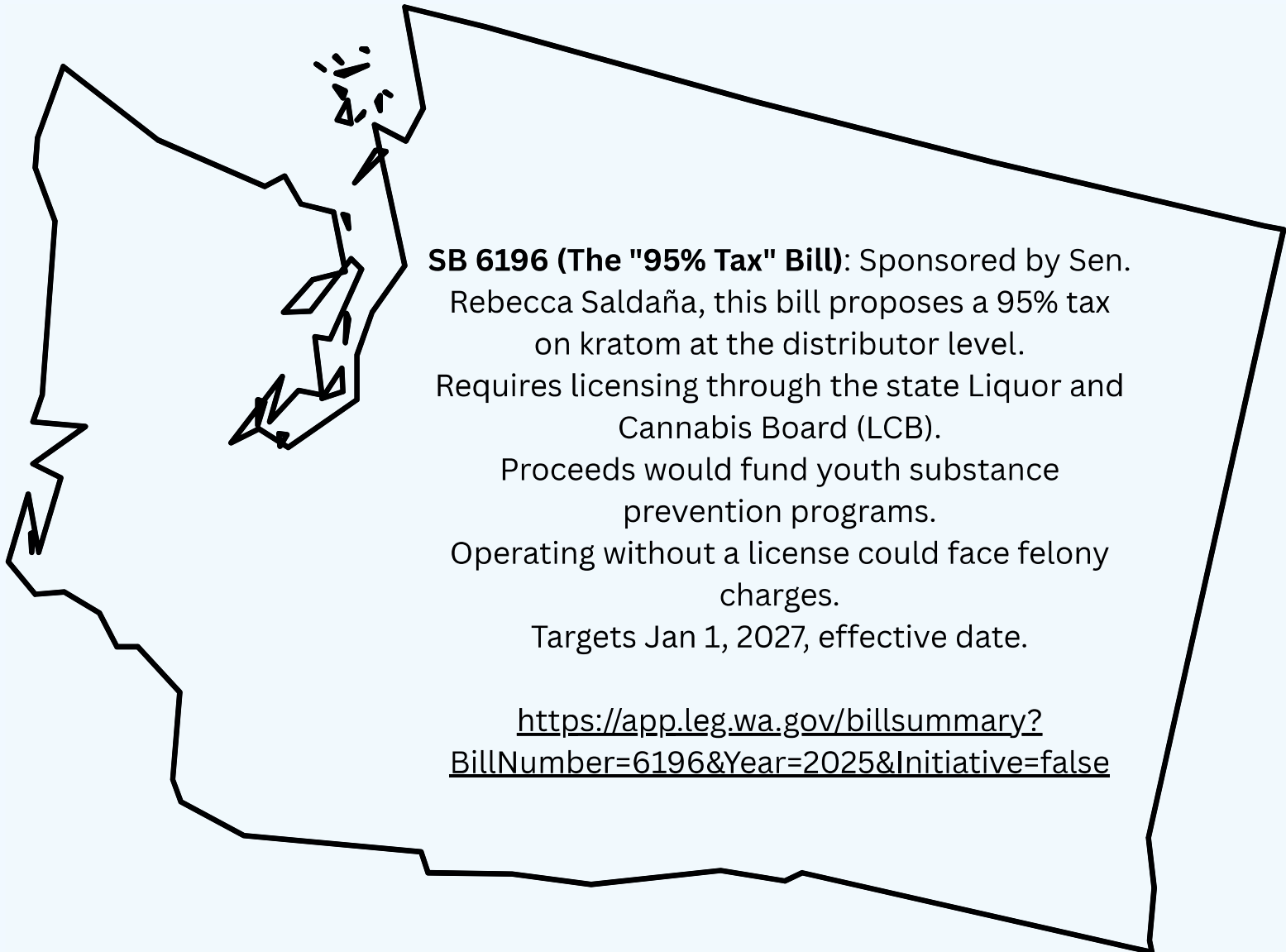
SB 5941 (2022) – This was a proposed “Kratom Consumer Protection Act” that did not become a law.

SB 5743 (2022) – This was a bill to classify kratom as a controlled substance. To date, Kratom is still not considered classified/controlled.

To date, there is no prohibition or bans in any city or county in WA. State of Kratom.

Chapter 10.83, work in progress, City of Spokane

Current WA State Legislative Session - Next Slides



SB 6196 (The "95% Tax" Bill): Sponsored by Sen. Rebecca Saldaña, this bill proposes a 95% tax on kratom at the distributor level.

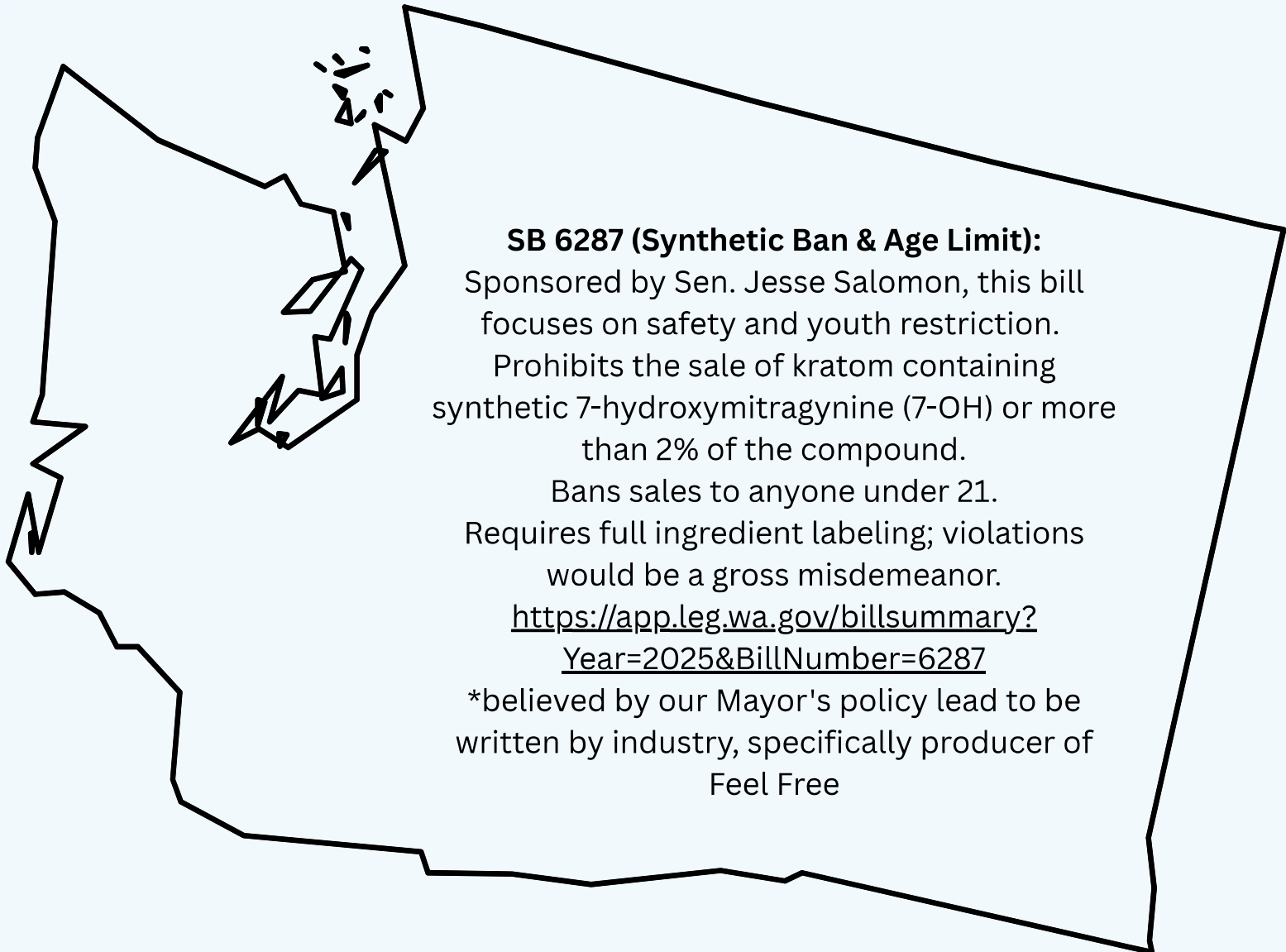
Requires licensing through the state Liquor and Cannabis Board (LCB).

Proceeds would fund youth substance prevention programs.

Operating without a license could face felony charges.

Targets Jan 1, 2027, effective date.

<https://app.leg.wa.gov/billssummary?BillNumber=6196&Year=2025&Initiative=false>



SB 6287 (Synthetic Ban & Age Limit):

Sponsored by Sen. Jesse Salomon, this bill focuses on safety and youth restriction.

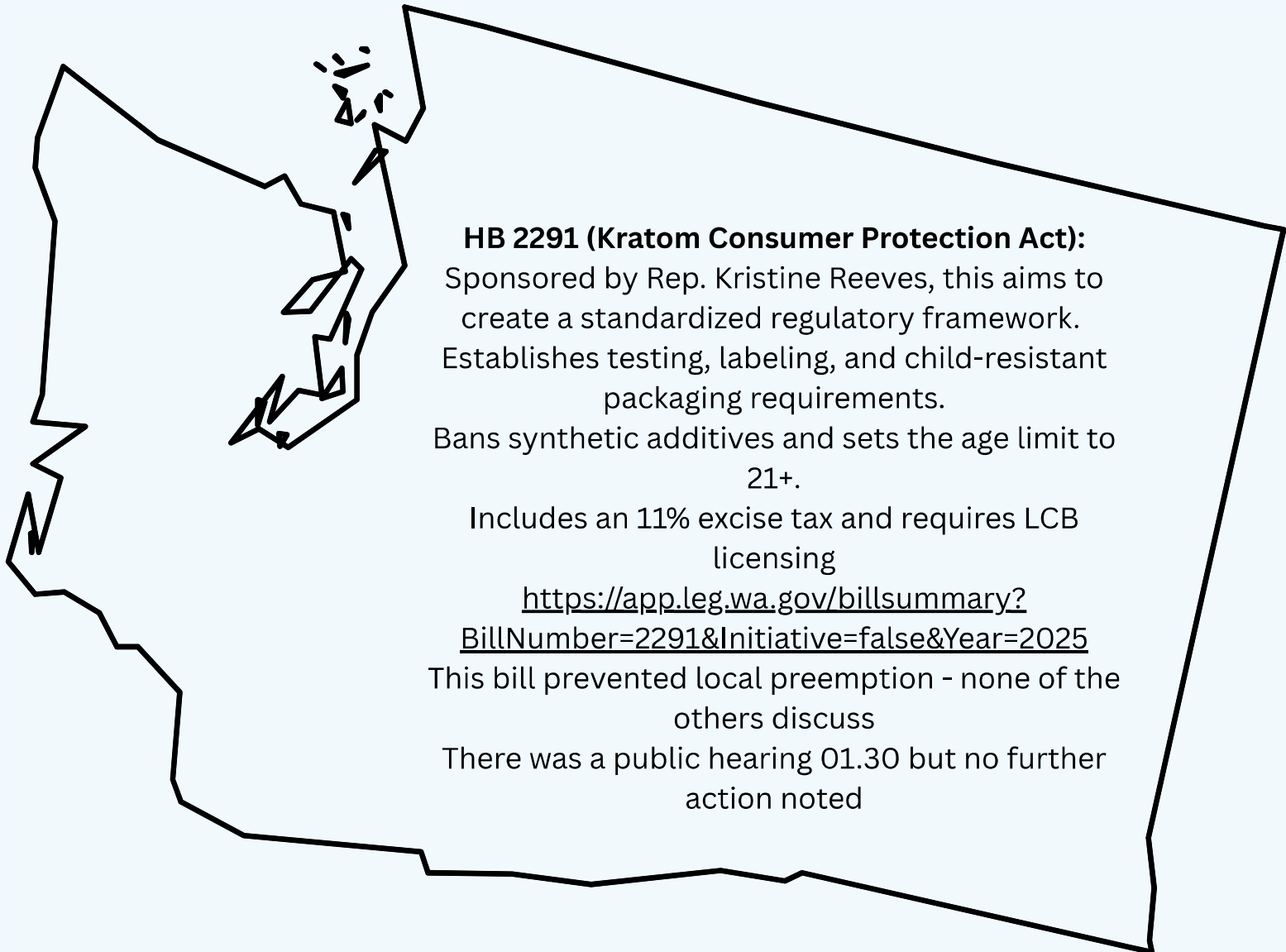
Prohibits the sale of kratom containing synthetic 7-hydroxymitragynine (7-OH) or more than 2% of the compound.

Bans sales to anyone under 21.

Requires full ingredient labeling; violations would be a gross misdemeanor.

<https://app.leg.wa.gov/billsummary?Year=2025&BillNumber=6287>

*believed by our Mayor's policy lead to be written by industry, specifically producer of Feel Free



HB 2291 (Kratom Consumer Protection Act):

Sponsored by Rep. Kristine Reeves, this aims to create a standardized regulatory framework. Establishes testing, labeling, and child-resistant packaging requirements.

Bans synthetic additives and sets the age limit to 21+.

Includes an 11% excise tax and requires LCB licensing

[https://app.leg.wa.gov/billsummary?](https://app.leg.wa.gov/billsummary?BillNumber=2291&Initiative=false&Year=2025)

[BillNumber=2291&Initiative=false&Year=2025](https://app.leg.wa.gov/billsummary?BillNumber=2291&Initiative=false&Year=2025)

This bill prevented local preemption - none of the others discuss

There was a public hearing 01.30 but no further action noted

LOCAL POLICY & CALL TO ACTION

We urge the City of Spokane to prohibit the sale of kratom to protect public health & prevent youth exposure and urge residents to join us in our call to action.

- Action: Ban sale & distribution of all kratom products via a new chapter 10.83 to the Spokane Municipal Code
- Call to action:
<https://form.jotform.com/253435984689073>



ADDITIONAL INFORMATION

<https://project.tampabay.com/investigations/deadly-dose/kratom-overdose-deaths-florida-mitragynine-testing/>

<http://publichealth.lacounty.gov/phcommon/public/media/mediapubhpdetail.cfm?prid=5139>

<https://www.cdc.gov/mmwr/volumes/68/wr/mm6814a2.htm>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9130800/>

<https://www.nejm.org/doi/full/10.1056/NEJMc1811055>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10806006/>

<https://www.cdc.gov/mmwr/volumes/68/wr/mm6814a2.htm>

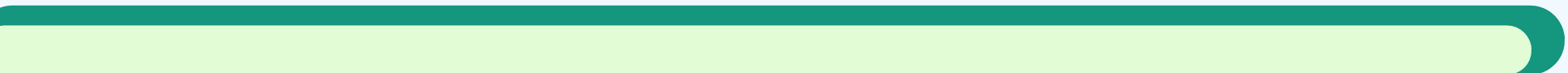
<https://www.pharmacy.ohio.gov/documents/pubs/special/kratom/consumer%20and%20retailer%20notice%20-%20kratom-related%20products%20now%20illegal%20in%20ohio.pdf>

RESOURCES

<https://www.sciencedirect.com/science/article/pii/S2772724623000124>

<https://www.sciencedirect.com/science/article/abs/pii/S0376871617301825>

<https://www.sciencedirect.com/science/article/abs/pii/S0376871624002503>



Thank You

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Mike Thomas, mthomas@spokanepolice.org

Bob Lutz,